



FIND OUT MORE

Run3D is available through our certified clinical partners. For details on where to find us:

run3d.co.uk

What are people saying about us?

'Run3D identified the root-cause of my injury, now I'm armed with the tools to rectify it' - Jo Pavey, Team GB

'My Run3D assessment was one of the most valuable two hours of my career to date' - Luke McKenzie, 6 x Ironman Champion

'The Best Gait Analysis' - Runner's World Magazine

'After 30 mins, Run3D has identified the problem and told me what is causing it - that's the first step to putting it right.' - Triathlon 220

'For anyone serious staying injury free and enjoying running for life, I'd highly recommend a session with Run3D.' - Fiona Bugler, Journalist

ABOUT RUN3D

We are an Oxford University company, dedicated to bringing gold-standard technology and the latest advances in musculoskeletal medicine to clinicians and their patients.

Proudly associated with/featured by:



DO YOU NEED HELP FOR Achilles Tendinopathy?

We can help! Run3D's gait and musculoskeletal assessment helps us understand the cause of your injury, which is the first step towards a successful treatment plan.

www.run3d.co.uk



HOW RUN3D CAN HELP TREAT YOUR

Achilles Tendinopathy

If you have Achilles tendinopathy, it's crucial that you don't ignore it or the condition can worsen. Run3D's gait and musculoskeletal analysis can play an important part in your recovery, let us explain how.

What is Run3D gait analysis?

Run3D gait analysis is an advanced way of measuring how you walk and/or run.

We use special infrared cameras to precisely measure how your pelvis, hip, knee and ankle joints are moving. An objective musculoskeletal examination helps us further understand your biomechanical profile.

Using Run3D, we establish a clear picture of how you are moving and why you are moving in this way.

How does this help?

Achilles tendinopathy is a complicated condition, and developing an effective treatment plan requires an understanding of what caused the injury in the first place.

Using Run3D's advanced analysis, we quantitatively measure the key biomechanical risk-factors associated with Achilles tendinopathy and pinpoint the specific cause(s) of the injury in your unique case. Using this information, we create an individualised, data-driven treatment plan, which is the first step towards a successful recovery.

Run3D is the gold standard of gait and musculoskeletal analysis, providing all the information we need to identify the root-cause of your pain and recommend data-driven advice and treatment.



Why Run3D for Achilles tendinopathy?

Below are key biomechanical risk-factors associated with Achilles tendinopathy. At Run3D, we objectively assess these factors (and more!), to identify the issues specific to you. This allows us to develop a targeted treatment plan built on the basis of precise data.

Kinematic risk-factors

- ↑ Rear-foot eversion
- ↑ Inversion at foot-strike
- ↑ Time to peak eversion
- ↓ Ankle dorsiflexion (peak)
- ↑ Medial heel-whip
- ↓ Hip adduction (peak)
- ↓ Hip extension at toe-off
- ↑ Over-stride
- ↓ Knee flexion at foot-strike
- ↓ Knee flexion (peak)
- ↓ Cadence

Musculoskeletal risk-factors

- ↓ Hip abductor strength
- ↓ Hip flexor strength
- ↓ Tibialis anterior strength
- ↓ Ankle TC joint mobility
- ↓ Gastroc/Soleus range
- ↓ Hip flexor range
- ↑ Standing tibial varus angle
- ↑ Leg length discrepancy
- ↓ Static ankle dorsiflexion

What happens next?

After your Run3D analysis, we create an individualised treatment plan, focusing directly on the problem areas that have been identified. This might include specific exercises, physiotherapy, gait re-education, and/or footwear advice.

Your journey to recovery starts with Run3D. Have confidence in our systematic, data-driven approach as we work together to treat your injury.